

Hello

Posted by baalshem91 - 19 Dec 2016 19:44

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Hi guys, so I started watching inappropriate things at age 16, at first used to just watch a few months later I started wasting seed, I didn't know it was wrong in beginning and got hooked, once I learned it was a terrible sin I wanted to stop and never quite good at it, the most I've gone is about 7 months, I though I would stop once I got married but didn't, then had a kid and still not able to control it, I go good for a few weeks and then when I fall it's several times and then I repeat the cycle again, it's gotten to the point when my lust is so big that I can wake up at 5/6am and go on the computer and start, I have even done it on the job a few times, I have the strongest filters set up and still manage to break them when I really become desperate or find a computer at home that does not have a filter, I'm trying to overcome this but it's becoming very depressing and difficult and keeps me thinking that I will lose everything that's good in my life due to this

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Re: Hello

Posted by Markz - 19 Dec 2016 19:53

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Welcome Reb 914

I was at loss too till I found gye Thank GD!!

If you have a moment pls check the spoiler button below. Hatzlacha

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Re: Hello

Posted by Shlomo24 - 19 Dec 2016 19:56

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Wow. That's a heavy share. Welcome. What have you tried so far? Besides filters, that is.

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Re: Hello

Posted by 360gye - 19 Dec 2016 20:17

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Welcome to GYE,

Thanks for posting all of that, i wish you much luck in your journey

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Re: Hello

Posted by YidFromMonsey - 19 Dec 2016 21:00

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Welcome aboard. Very impressive how much info you offered in your first post! You came to the right place, stick around and use the tools!!!

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Re: Hello

Posted by gibbor120 - 19 Dec 2016 21:43

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Welcome! I can totally relate. My longest "streak" before marriage was also about 7 months. I also could not stop even after I got married. I tried many times, but it never lasted. Finally, my wife caught me, which was hell on earth at the time, but ultimately made our marriage much stronger. I found GYE and have been sober now for 7 1/2 years. You can check out the links in my signature. Finding GYE was a turning point for me. Read the handbook. Keep sharing on the forum.

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Re: Hello

Posted by Singularity - 20 Dec 2016 09:10

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Ah, the "marriage fixes everything" clause. I'm sorry you had to come to the same crashing

Welcome! Pick it up and haul yourself to the articles, forums, [VIDEOS](#), and really try define your

level of dependency. Then you'll know which tools are most effective.

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Re: Hello

Posted by baalshem91 - 20 Dec 2016 12:46

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thank you, I have never really tired anything besides filters, try to keep my eyes away from the lades on the street, I took myself off of all social media, but that is all I have done till today

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Re: Hello

Posted by Shlomo24 - 20 Dec 2016 13:12

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[baalshem91 wrote on 20 Dec 2016 12:46:](#)

thank you, I have never really tired anything besides filters, try to keep my eyes away from the lades on the street, I took myself off of all social media, but that is all I have done till today

Have you tried anything proactive? Like learning or mussar or therapy?

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Re: Hello

Posted by cordnoy - 20 Dec 2016 14:46

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[Shlomo24 wrote on 20 Dec 2016 13:12:](#)

[baalshem91 wrote on 20 Dec 2016 12:46:](#)

thank you, I have never really tired anything besides filters, try to keep my eyes away from the lades on the street, I took myself off of all social media, but that is all I have done till today

Have you tried anything proactive? Like learning or mussar or therapy?

DDitto

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